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# Exploring Your Ultimate Limits

Sadhguru corrects common misconceptions about what spirituality is, and explains that spirituality is about “exploring the ultimate limits of who you are.”



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May 7, 2013 | [0 Comments](#)



Sadhguru corrects common misconceptions about what spirituality is, and explains that **spirituality** is about “exploring the ultimate limits of who you are.”

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**Editor’s Note:** For more of **Sadhguru’s** insights, follow him on twitter and facebook.



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*To live and operate in  
the world, you may  
have to identify with  
something. Play with  
your identifications –  
don’t let them rule you.*

– Sadhguru

Today’s Mystic Quote

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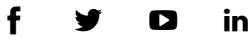
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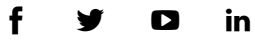
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